

Too Good for Violence – Social Perspectives

Grade 7 Revised Edition

Correlated with Montana Standards for Health Enhancement

Lesson 1: *Set to Win* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and apply the criteria for naming a personal goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify available resources for support and assistance in working towards a goal

Health Enhancement Content Standard 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.

By the end of Grade 8 students will:

4. Explain personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 4: Students achieve and maintain a challenging level of health-related physical fitness.

3. Identify personal fitness goals.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

4. Describe personal factors that influence an individual's health goals.

5. Explain a personal health plan that addresses needs, strengths, and risks.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

5. Demonstrate strategies to improve or maintain personal health and family health.

Lesson 2: *The Decision is Yours* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Identify and apply the four steps in the decision-making model
- Define consequences and differentiate between positive and negative consequences
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes

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By the end of Grade 8 students will:

1. Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
3. Analyze how peers, family, heredity, and environment influence personal health.
4. Explain personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

1. Individually and collaboratively apply problem-solving processes to health issues.
2. Analyze how health-related decisions are influenced by the attitudes and values of individuals, families, and the community.
3. Predict how decisions specific to health behavior have consequences for self and others.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

5. Demonstrate strategies to improve or maintain personal health and family health.

Lesson 3: *Understanding Me* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Identify stressors that trigger emotions
- Recognize how emotions influence decisions
- Identify emotions and signs of stress
- Demonstrate healthy strategies to manage emotions and stress
- Identify and manage the emotions of others

Health Enhancement Content Standard 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.

By the end of Grade 8 students will:

3. Analyze how peers, family, heredity, and environment influence personal health.
4. Explain personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

1. Analyze how health-related decisions are influenced by the attitudes and values of individuals, families, and the community.

Health Enhancement Content Standard 6: Students demonstrate interpersonal communication skills to enhance health.

3. Demonstrate healthy ways to express needs, wants, and feelings

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

3. Demonstrate strategies to improve or maintain personal health and family health.

Lesson 4: *Say It With Style* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of effective communication, both verbal and non-verbal
- Recognize how tone of voice, facial expressions, and body language can affect meaning
- Demonstrate assertive speaking and active listening techniques

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By the end of Grade 8 students will:

1. Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
3. Analyze how peers, family, heredity, and environment influence personal health.
4. Explain personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

1. Analyze how health-related decisions are influenced by the attitudes and values of individuals, families, and the community.

Health Enhancement Content Standard 6: Students demonstrate interpersonal communication skills to enhance health.

By the end of Grade 8 students will:

1. Describe how the behavior of family and peers affects interpersonal communication.

2. Demonstrate ways to communicate care, consideration, and respect of self and others.
3. Demonstrate healthy ways to express needs, wants, and feelings.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

3. Demonstrate strategies to improve or maintain personal health and family health.

Lesson 5: *The Right Connection* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Differentiate peer pressure and peer influence
- Identify the benefits of positive peer influence
- Articulate the benefits of associating with pro-social others
- Differentiate healthy friend qualities and unhealthy friend qualities
- Identify various peer pressure refusal strategies and the peer pressure situations to which they apply

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4. Explain personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

2. Analyze how health-related decisions are influenced by the attitudes and values of individuals, families, and the community.
3. Predict how decisions specific to health behavior have consequences for self and others.

Health Enhancement Content Standard 6: Students demonstrate interpersonal communication skills to enhance health.

By the end of Grade 8 students will:

1. Describe how the behavior of family and peers affects interpersonal communication.
2. Demonstrate ways to communicate care, consideration, and respect of self and others.
4. Demonstrate refusal and mediation skills to enhance health.

Lesson 6: *Celebrating Differences* – Respect for Self & Others

Objectives

Following this lesson, the student will be able to:

- Define respect
- Identify personal strengths and their effects on sense of self
- Explain the link between thoughts, emotions, and behavior
- Explain how individual differences among people can be beneficial
- Describe the positive effects of respect on attitudes, behaviors, and relationships
- Demonstrate the ability to think positively when faced with a difficult situation

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3. Analyze how peers, family, heredity, and environment influence personal health.

Health Enhancement Content Standard 5: Demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

2. Analyze how health-related decisions are influenced by the attitudes and values of individuals, families and the community.
3. Predict how decisions specific to health behavior have consequences for self and others.

Health Enhancement Content Standard 6: Demonstrate interpersonal communication skills to enhance health.

By the end of Grade 8 students will:

2. Demonstrate ways to communicate care, consideration, and respect of self and others.

Lesson 7: Meeting Point - Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Demonstrate the ability to listen respectfully to different points of view
- Recognize conflict as an opportunity to learn about oneself and others
- Demonstrate the effective use of cooperation as an approach to conflict resolution
- Differentiate healthy and unhealthy approaches to resolving a conflict
- Compare the potential consequences of handling conflict in healthy and unhealthy ways.

Health Enhancement Content Standard 5: Demonstrate the ability to use critical thinking and decision making to enhance health.

1. Individually and collaboratively apply problem-solving processes to health issues.
2. Analyze how health-related decisions are influenced by the attitudes and values of individuals, families and the community.

Health Enhancement Content Standard 6: Demonstrate interpersonal communication skills to enhance health.

5. Demonstrate strategies to analyze and manage conflict in healthy ways.

Health Enhancement Content Standard 7: Demonstrate health-enhancing behaviors.

4. Work cooperatively with a group to achieve group goals in both cooperative and competitive settings.

Lesson 8: Anger Outlet - Anger Management

Objectives

Following this lesson, the student will be able to:

- Differentiate healthy and unhealthy ways of managing anger
- Identify healthy, effective anger management techniques
- Describe the role of personal responsibility in a peaceful response to anger-provoking situations
- Demonstrate how to reframe self-talk to reduce anger and promote calm
- Apply strategies to de-escalate a conflict
- Distinguish the actions that escalate and de-escalate conflicts

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Health Enhancement Content Standard 6: Demonstrate interpersonal communication skills to enhance health.

By the end of Grade 8 students will:

3. Demonstrate healthy ways to express needs, wants and feelings.

4. Demonstrate refusal and mediation skills to enhance health.

5. Demonstrate strategies to analyze and manage conflict in healthy ways.

Lesson 9: Home Base - Identifying & Managing Bullying Situations

Objectives

Following this lesson, the student will be able to:

- Define bullying behavior
- Identify the three types of participants in a bullying situation
- Differentiate snitching and reporting
- Explain why it is important to report a bullying situation
- Demonstrate healthy ways for targets and witnesses to respond to bullying behavior

- Identify several motivations for bullying behavior
- Demonstrate healthy alternatives to bullying behavior

By the end of Grade 8 students will:

Health Enhancement Content Standard 5: Demonstrate the ability to use critical thinking and decision making to enhance health.

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2. Analyze how health-related decisions are influenced by the attitudes and values of individuals, families and the community.
3. Predict how decisions specific to health behavior have consequences for self and others.
4. Describe personal factors that influence an individual's health goals.
5. Explain a personal health plan that addresses needs, strengths, and risks.

Health Enhancement Content Standard 6: Demonstrate interpersonal communication skills to enhance health.

1. Describe how the behavior of family and peers affects interpersonal communication.
2. Demonstrate ways to communicate care, consideration, and respect for self and others.
3. Demonstrate healthy ways to express needs, wants and feelings.
4. Demonstrate refusal and mediation skills to enhance health.
5. Demonstrate strategies to analyze and manage conflict in healthy ways.

Lesson 10: Site Survey – Peer Violence

Objectives

Following this lesson, the student will be able to:

- Define violence
- List behaviors that can escalate a conflict into violence
- Identify warning signs for violence
- List the consequences of violence for the aggressor, target, and witness
- Demonstrate a knowledge and understanding of concepts and skills learned in lessons 1-10

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Health Enhancement Content Standard 5: Demonstrate the ability to use critical thinking and decision making to enhance health.

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Health Enhancement Content Standard 6: Demonstrate interpersonal communication skills to enhance health.

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3. Demonstrate healthy ways to express needs, wants and feelings.
4. Demonstrate refusal and mediation skills to enhance health.
5. Demonstrate strategies to analyze and manage conflict in healthy ways.